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Activate your Brain (Book summary in Hindi)

Train Your Brain: 60 Days to a Better Brain Paperback - Illustrated, August 1, 2005. by Dr Ryuta Kawashima (Author) 4.2 out of 5 stars 192 ratings. See all formats and editions.

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Dr. Kawashima, a prominent neurologist in Japan, developed this program of daily simple math calculations that can help boost your brain power, improve your memory, and stave off the mental effects of aging. The exercises in this book have even been shown to help those suffering from Alzheimer's.

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Train Your Brain: 60 Days to a Better Brain is an English-language version of a Japanese book written by Ryuta Kawashima. The original book sold over a million copies in Japan. Dr. Kawashima found that by performing simple mathematical calculations and reading books aloud, one could retain mental clarity and stave off the mental effects of aging.

Train Your Brain - Wikipedia

On Nintendo's website, Japanese neuroscientist Ryuta Kawashima, who developed Brain Training, claims that "the more you use your brain in a challenging way, the better it can work". And with more...

Can you really train your brain? | The Independent

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